



# California Yoga Center

CLASSES AND WORKSHOPS IN THE IYENGAR TRADITION SINCE 1980

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## BACK BENDS

July 18 with Elise Miller

1:00-4:00 pm Mountain View

\$65 (in advance); \$75 (at the door)

Explore back bending asanas with Elise. She will prepare and instruct students in a back bend practice building to intermediate back bending asanas. This workshop is for students who have taken at least one year of yoga and can straighten arms in Urdhva Dhanurasana.

**Refund policy:** No refunds one week prior to the event. For early cancellations, full refund less 15% of workshop fee or ten dollars whichever is greater.

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**To register** make your check payable to CYC. Return with this coupon to:  
California Yoga Center, 570 Showers Drive, Suite 5, Mountain View, CA 94040

Name \_\_\_\_\_

Address \_\_\_\_\_

City/state/zip \_\_\_\_\_

Telephone/e-mail \_\_\_\_\_

**STUDIOS IN MOUNTAIN VIEW AND PALO ALTO**

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